



# DRUG DEMAND REDUCTION Newsletter



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*We want to publish  
your DDR stories  
in the DDR  
Newsletter.*

*Send articles and  
photos to:  
Maj Lynn Stuart  
Newsletter Editor  
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## **Opportunities are Bountiful!**

Lt Col Jett Mayhew  
NHQ, DDR Team Leader

In the last newsletter I wrote about my road trip to attend the Pacific Region Conference. I would like to continue this month with a little more about my experiences.

Anyone who has spoken to me for more than a few minutes knows I never miss an opportunity to talk about Civil Air Patrol and the Drug Demand Reduction Program. So, I took advantage of this trip to share our messages at every welcome area as I crossed the country. The DDR Truck was a big hit all around the nation and between welcome centers, restaurants, truck stops, hotels, tour buses I passed out over 250 packets of information about CAP. The DDR promotional items were also a big hit with not only the youth but the adults. I even spent 1 hour in a welcome center teaching drill to a group of middle school students on the way to a baseball tournament. A lot of these welcome centers are in rural areas and the youth welcome new things and organizations, they are more involved in 4H clubs and looking for something else to do. Nebraska was interesting. A school was there doing a car wash at a truck stop and I had a wonderful conversation with the teachers, students and parents where I even did a fatal vision goggle class. Even the truck drivers got involved. In Oregon, I had the wonderful opportunity to talk with 12 truck drivers and 25 youth about the importance of keeping drug free.

The point that I am trying to make is that a formal DDR presentation or activity is not the only way to get out the message regarding CAP and DDR - there are opportunities everywhere you go!

## **War on America's Highways**

Maj Lynn Stuart  
NHQ, Assistant DDR Team Leader

Most of us are all too familiar with today's headlines and know that since the Iraq War began in March of 2003, over 4000 American soldiers have lost their lives to our foreign enemies. What most of us aren't aware of however, is that in this same time period, over 85,000 American citizens have lost their lives to drunk drivers right here on America's highways, that's 20 American citizens killed by drunk drivers for every one American soldier killed by enemies! In fact, drunk drivers have killed more Americans than have died in all of our wars combined.

Every year, some 17,000 Americans are killed in drug related crashes, many of them right in our home towns. This does not include the number people whose lives are ruined by critical injuries or lifetime impairments - not everyone who is involved in an alcohol related accident dies. Nor do the figures reflect the number of deaths relating to drug abuse.

Efforts by law enforcement and anti-drug coalitions have dramatically reduced the numbers of drunk drivers on our highways in recent years, but we need your help. We need you to help us increase awareness of drug related issues that impact our communities.

Remember: Never drink and drive. No matter how few drinks you've had or how sober you think you are, never drive after drinking. Never get in a car with someone who has been drinking. And if you see an impaired driver, do not try to pass them, instead keep your distance behind them or pull over and report it to the authorities immediately.

## Cadets at National Honor Guard Academy participate in DDR Programs

Lt Col Jett Mayhew  
NHQ DDR Team Leader

Several Drug Demand Reduction (DDR) classes and demonstrations were held at this year's Honor Guard Academy. The first of these was an open forum discussion with Lt Col Jett Mayhew, the Academy Director and National DDR Team Leader. After watching the video "Every 15 Minutes," cadets talked about their personal experiences, sharing how drugs and alcohol had affected their lives. Through this discussion they realized just how important the Drug Demand Reduction Program is to communities, and why Civil Air Patrol and the Honor Guard support it so heavily. Later in the week, cadets were introduced to one way the DDR message can be communicated to communities, as Col Kay Walling talked with them about how they can use dramas and skits in DDR. Students in the class learned different techniques for writing skits and gathering props, and even got a brief acting lesson. Cadets were also given the task of creating DDR Commercials which we hope to put on the Cap Channel website for downloading.



In addition to the classes, several demonstrations took place during the Academy. One of the members of our staff, Jay Robinson, is a Maryland State Police Sergeant and Saturday night he held a traffic stop demonstration, showing the cadets what happens when the officer suspects the driver has been drinking. At the conclusion of the demonstration, cadets had the opportunity to ask questions of the Sergeant, inquiring about different procedures, policies, and methods the police officers use on the job.

Monday of Week 2 brought two different classes given by members of the Maryland Transportation Authority Police. Cadets learned more about the hazards of drunk driving through an interactive classroom presentation, and then proceeded outside to watch a K-9 training demonstration. The K-9 handler and trainer showed the cadets how the drug dogs are trained and deployed in the war against drugs.

The two weeks also gave cadets the opportunity for some hands-on experience, competing with each other in several teambuilding challenges, including some relays and activities involving the Fatal Vision Goggles.

The HGA held at McDaniel College, Westminster, MD did over 16 hours of DDR Awareness programs from Every 15 Minutes, Open DDR Forums, developing DDR Commercials, Maryland Transportation Authority Police Drug Dogs and presentations on drunk driving, fatal vision goggles games, and a simulated drunk driving stop.

## Cadets at Air Force Space Command Familiarization Course (AFSPCFC) – Colorado Learn About Space Command and DDR

Maj Lynn Stuart  
NHQ DDR Assistant Team Leader

Cadets attending AFSPCFC in Colorado were introduced to all five areas of Air Force space operations: satellite command and control, missile warning, space surveillance and control, missile operations, and space lift. Tours and classes were delivered by Space Command personnel at Cheyenne Mountain, Peterson AFB, Shriever AFB, FE Warren AFB, Buckley ANG and the Lockheed Martin plant. Also included was a visit to the Air Force Academy to introduce cadets to opportunities available in aerospace engineering.



At a picnic hosted by the Colorado Springs Composite Squadron, cadets participated in DDR activities presented by Chaplain Gordon Rourk (COWG DDRA) and Maj Lynn Stuart. The special guest speaker and participant was Miss Colorado Springs, Melaina Fishburn, who spoke with the cadets about making right choices and living a drug free life.



## Ice in June

SM Nancy Greene, DDRO  
Ashville Composite Squadron

Talk of Ice was in the air on the evening of June 25, 2008. Sergeant Chris Denny of the Henderson County Sheriff's Department was at the Justice Academy to brief the cadet corps of the Asheville Composite Squadron on the hazards of Ice in June, or any other month of the year.

Sgt. Denny spoke about the dangers of Methamphetamine production and use. The Cadets were shown slides of various equipment used in the production of Crystal Methamphetamine, as well as the effects the drug has on the body. The cadets left the class with a greater understanding, and a heightened awareness of the dangers of Methamphetamine's.



We would like to thank Senior Member Nancy Greene for arranging and organizing and Teaching the class. The cadets had been up for many hours, and were kept alive with candy, and an interesting topic of conversation. Our thanks also go out to Detective Sergeant Chris Denny for taking the time out of his busy schedule to enlighten the Cadets on the subject of Methamphetamine's.

## Cheyenne Frontier Days and Air Show

Lt Col Susan McDonald, DDRA  
Wyoming Wing

Before members of the Wyoming Wing were able to set up the DDR Display at the CAP Booth for the USAF Thunderbirds Air Show and WY ANG static display during Cheyenne Frontier Days, a line had already formed. We arrived on site at approximately 0745 and got set up and by 0815 people started to form a line at every booth in the area including our DDR/Recruiting Booth. The line NEVER got very short until of course the familiar music began telling them all that the show was about to begin.

In addition to distributing DDR materials and promotional items, donations were collected for Wreath's Across America. We did fairly well with that we collected \$109.56. Our overall Wreath totals so far for the Wheatland cemetery is \$ 411.66. That's a total of 27 wreaths with \$6.66 left towards the next one.

There were around 15,000 non CAP persons participating in this event. We did get visited by around 20 COWG members, a few of which helped out at the recruiting side of the booth.

Cadets from Wheatland helped keep the table stocked and Major Cornell over saw their efforts as well as monitoring the wreath jar so no one was tempted to help their self to the proceeds. I monitored the line periodically reminding the folks where things were once they got in side the tent. The sun was very bright and it was really hot I think the folks enjoyed being able to be out of the sun for a short bit of time.



The line started here



and for most of the day, it looked like this.





## Henderson Air Fair

SM Nancy Greene, DDRO  
Asheville Composite Squadron

The Asheville Composite Squadron of the Civil Air Patrol participated in the Hendersonville Air Fair. The Squadron's Aircraft was on display at the Hendersonville Airport, along with a table full of items from our Drug Demand Reduction program. All were welcomed to tour the aircraft, and take home literature from the display table.

Many area families came to spend a wonderful day outdoors, and take part in all the events the Air Fair had to offer. The Asheville Composite Squadron was proud to be able to participate in this great event, and looks forward to many more years of involvement in the Hendersonville Air fair.



## Club Drugs

2d Lt Paul Janssen, DDRO  
Rome Composite Squadron



Club drugs are a combination of uppers and downers that are commonly found within the social scene, especially among college students and other young people. Many club drugs are odorless, tasteless and colorless.

Therefore, they are easily slipped into drinks. When mixed with alcohol, these drugs become extremely dangerous. The majority of club drugs allow the user to receive high amounts of energy, followed by a calm, passive state. They allow the user to experience dream-like states and have out-of-body experiences.

Club drugs can easily be hidden in drinks and absorbed in candy, such as sweet tarts, candy necklaces, etc. Their popularity is due to their ability to be easily hidden and once taken their quick effects on the body. Club drugs are very dangerous and have many bad side effects. These effects are often times short lived, however, do not underestimate their strength.

Club drugs can cause brain damage that result in harming the person's ability to think. This type of drugs leads to harming one's ability to remember, control emotions, sleep and feel pain.

They also affect the heart and kidneys, and excessive use can lead to failure of these systems. If failure of these body systems occurs, death is possible. Club drugs often cause psychological (mental) problems. Club drug users often experience flashbacks to events that occurred while under the influence of these drugs.

Popular club drugs include:

Ecstasy: a psychoactive drug, chemically similar to the stimulant methamphetamine and the hallucinogen mescaline.

GHB, Ketamine and Rohypnol: central nervous system depressants emerged several years ago as "date rape drugs."

To protect yourself from these drugs:

1. Do not accept intentional use of these drugs.
2. Watch your beverages at parties and social events, do not leave it unattended.
3. Do not accept a beverage from anyone you don't know or trust.
4. Attend events only with trusted friends.

**"You make the world a better place by making yourself a better person." Scott Sorrell**

## BBQ Safety Alert

Capt Timothy R. Mederios, DDRA  
Florida Wing

It has come to my attention that propane tanks are being used for nefarious tasks, which may have more far-reaching effects than the intended summer BBQ. The following is the safety alert from the National Propane Gas Association. With fewer refill stations for propane left in existence, the likely hood that the average consumer will be exposed to a contaminated tank at the local exchange is much higher. Please carefully examine the cylinder for any of the signs of anhydrous ammonia contact before exchanging your tank.

The brass valve in a propane cylinder will be damaged if it comes in contact with anhydrous ammonia. This deterioration will lead to cracking of the valve body or its components and can ultimately result in a violent, unexpected expulsion of the valve from the cylinder, causing personal injury or death.

According to the National Propane Gas Association, propane cylinders are being used in the manufacturing of Methamphetamines. This drug is commonly referred to as 'crank'. Manufacturers of this illegal substance are using propane cylinders for the storage and the use of anhydrous ammonia. These cylinders have been found in many states at cylinder exchange and refilling locations as well as in hotel rooms and mobile laboratories, where the manufacturing of this illegal substance takes place.



As observed in the illustration on the left, a blue-green stain on any brass portion of a service valve is evidence that it may have been in contact with anhydrous ammonia. The pungent odor of ammonia on or near the cylinder is also an indication. If you suspect that a propane cylinder contains or has contained anhydrous ammonia, exercise extreme caution and restrict access to the area.

It can be dangerous to move the cylinder due to the unknown integrity of the cylinder's service valve. If you determine that it must be moved, keep in mind that hazards due to valve expulsion can be reduced by pointing the end of the container in which the valve is placed away from yourself and others and towards the most safe direction.

Immediately contact your Fire Department, Hazardous Materials Emergency Response Unit or the nearest office of the United States Department of Justice's Drug Enforcement Administration (DEA) for information on properly disposing of the cylinder.

## It is time to order ribbons for Red Ribbon Week!

Red Ribbon Week will be here before you know it. In order to receive the Ribbons in time for your activities, you need to place your order now.

CAP Red Ribbons are provided are no charge to the units. To place your order, contact your Wing DDRA.

**DON'T FORGET WE WANT  
TO COVER DRUG  
AWARENESS BY THE MILE  
SO CALCULATE HOW MANY  
RIBBONS YOU WILL NEED**



## DDR at West Virginia Wing Encampment

Lt Col Dennis D. Barron, DDRA  
West Virginia Wing

The Drug Demand Reduction Program was, once again, a major component of the West Virginia Wing's Cadet Summer Encampment. For several years now, the West Virginia Wing has partnered with the WV National Guard's DDR unit to provide some outstanding training during the annual summer encampments. This year was certainly no different as the National Guard's DDR unit turned out in force to provide drug education classes, leadership training, and even some physical fitness for the cadets attending the encampment.



In addition to the usual encampment activities, the cadets got a thorough workout as they tried to "conquer" the National Guard's DDR Climbing Wall. The DDR Team also set up their Leadership Reaction Course for the cadets to tackle, during which time the cadets had to work as a team while engaged in several problem solving exercises. That was followed up with an outstanding presentation by the DDR Team about the dangers of drugs and alcohol use. The following day, the cadets got to see and experience first hand, the dangers of driving while impaired as they attempted to drive a golf cart through an obstacle course while wearing Fatal Vision Goggles.

The WV Wing's summer encampment is held each year at the WV National Guard's training base, Camp Dawson, which is located near Kingwood, WV. This year, the encampment was attended by 83 WV cadets and 9 out of wing cadets, along with 9 senior officers. The Encampment Commander was Lt Col Dennis Barron, a veteran of over 40 encampments, while the Cadet Commander was C/Lt Col Mark Guiney, of the Martinsburg Composite Squadron.

The National Guard's DDR Team was very impressed with the WV cadets and commented several times about their excellent behavior, their awareness of drugs and its effects, and their overall morale. Lt Col Barron noted that the WV Wing tries to make every cadet activity a DDR event but really emphasizes substance abuse awareness during the annual encampments. Barron stated that, "The WV Wing has a long history of supporting the DDR efforts both programmatically and financially. We are very proud of the Wing's DDR program.

## VAWG Encampment



During the Virginia Wing encampment, Capt Virginia Hylton held a question and answer session on marijuana and covered the perils of prescription drug abuse, including side effects of different drugs and how one wrong choice can be the last choice made.

## DDR Activities at MER Tri-Wing Encampment





## Show Low Kids Gone Wild

Capt Donna Daniels, DDRC  
Great Lake Region

Show Low Composite Squadron 210 partnered with the US Forest Service this summer to teach children and their parents outdoor skills. The Forest Service Sponsored the "Kids Gone Wild" program at the Big Lake Visitors Center in the White Mountains. As part of the program, Show Low Cadets and Senior members taught a variety of outdoor skill classes to groups of from 7 to 30 students. The students were generally campers at the Big Lake Camp Ground and ranged in age from 5 to 60.

1Lt Terri Anderson, the squadron ES officer coordinated the training. The program began with a map and compass course that involved a hunt for a treasure box of goodies, taught by C/2lt Jarod Richards, C/CMSgt Dakota Woolums and C/SMSgt Joshua Grimsley. The students enthusiastically hunted down the treasure box and devoured the edible goodies inside. These same cadets also taught basic survival skills and equipment, which included building a shelter. An entire boy scout troop attended this training and there was great participation and many questions asked about appropriate survival equipment and the Civil Air Patrol. 1Lt Anderson taught plant identification, assisted by C/2lt Jarod Richards, C/SMSgt Dakota Woolums, C/SSgt Kirsin Davis and C/TSgt Kim Johnson. Other classes included Man Tracking and Fire Prevention.



During each presentation a Drug Demand Reduction message was presented by the trainers. The trainers emphasized that survival skills require a sharp mind. Drugs and alcohol will interfere with the ability to survive in the outdoor. Each student also received a CAP DDR gift. The gifts included paper airplanes, lanyards, arm bands and key chains.

As a side note, during the plant identification class on June 21, there was a snow storm, just a day after Arizona Encampment candidates had endured 117 degree heat.

## PCR/RMR Cadet Leadership Participants Solicit Assistance of Miss Colorado and Miss Colorado Springs



While attending the joint Pacific and Rocky Mount Region Cadet Leadership School, cadets spent time learning about DDR from Chaplain Gordon Rourk and his special "assistants" Miss Colorado, Jamie Dukehart-Conti and Miss Colorado Springs, Melaina Fishburn.

Chaplain Rourk presented a program on COWG DDR activities and explained how DDR programs not only impact their friends and families but can also be a great recruiting tool. This was followed by presentations and discussions with Miss Colorado and Miss Colorado Springs regarding the benefits of living a drug free life.

The cadets were so impressed with Jamie and Melaina that they asked them to participate in a DDR promotional video that the cadets were producing as part of a class assignment.

## "Surfing" for Promotional Items

Thanks go to 2d Lt Randy de Steuben, VAWG DDRA for developing this job aid for obtaining shipping costs and ordering DDR promotional items.

1. Access the DDR online catalog (<http://www.e-companyonline.com/Welcome.asp?GID=26>).
2. Click on the link "You can begin browsing the CAP-DDR catalog by clicking here"
3. Decide which item(s) you'd like.
4. At the bottom of the item page, enter the quantity\* you need and click the shopping cart icon or the "Add Items to Shopping Cart" link. The shopping cart page will be displayed where you can perform the typical ecommerce shopping cart functions -- change the quantity of what you added to the cart, delete the item, continue shopping, continue to checkout, etc.
5. When you have added all the items to your shopping cart and confirmed the quantities, click on the Checkout Now button and the Shipping page will be displayed.
6. Enter the shipping information and indicate whether the shipping address is commercial or residential. Don't complete the Tax info or the Gift sections. Skip down to the Contact section and enter an email address and phone number in case there are problems with your order.
7. Click on the Continue button and the Order Approval screen will be displayed.
8. Place your mouse pointer to the left of the "P" in the Product Details section and while holding the left mouse button, highlight all the information in this section and in the Total Costs & Charges section. Click on the right mouse button and select Copy from the menu. Open a new Word document or Notepad and paste this info to use later. What you copied and pasted should look similar to this:

### Product Details

Description	Prod ID	Color	Qty	Price	Total
Balsa Airplane	CapAirp		500	\$0.00	\$0.00
Carabiner	CapCarabiner		1123	\$0.00	\$0.00
Key Ring	CapKeyRing		100	\$0.00	\$0.00

### Total Costs and Charges

Cart Totals	
Total Purchases	\$ 0.00
Shipping & Handling	\$ 127.24
<b>TOTAL</b>	<b>\$ 127.24</b>

9. You can exit out of the catalog now. You will return once the forms that you're going to complete next have been approved by NHQ and follow the steps below.

### Returning to the catalog to complete the order once has been approved by NHQ

1. Repeat Steps 1-7 in the "Shopping" for Promotional items" section above.
2. Verify that the information displayed is correct.
3. In the *PLEASE ENTER APPROVED ORDER NUMBER FROM CAP-DDR-NHQ* field at the top of the screen, enter the 4-digit approval number NHQ (or I) will send you once forms 1A and 1C have been received/approved.
4. Click on the Secure Checkout button. The payment page will be displayed where you will enter credit card information to pay for the Shipping & Handling costs (only).
5. Enter your card number, card type and card expiration date.
6. Click the Continue button and the order info screen will be displayed.
7. Verify that the information displayed is correct and then click the I Authorize this transaction button.



## DDR Program Continues to Grow

Maj Lynn Stuart  
NHQ, DDR Assistant Team Leader

Since the first publication of the DDR Newsletter in January 2008, **DDR BY THE NUMBERS** has been included in every issue. It has been exciting to watch the growth in the DDR Team, not only in number of new members but also in the enrollment in the DDR Specialty Track.

The growth in the DDR program is due to many factors including program improvements, increased communications and training, support from Command Staff at all levels, and most of all, every one of the dedicated and hard working DDR Team members.

In the past 7 months, the number of DDR Team members has risen from 415 to 476 and enrollment in the DDR Specialty Track has gone from 111 members to 208. In addition, the number of DDR activities has increased significantly as reflected in the Activity Reports that have been received. The DDR message has been delivered to literally hundreds of thousands of people in CAP, schools, and communities across the county.

As the DDR program continues to expand, we would like to say THANK YOU for your support and commitment!

## DDR BY THE NUMBERS

Duty Position as Reported in E-Services

Specialty Track Enrollment by Level

Region	DDRC	DDRA	C/DDRA	DDRO	C/DDRO	Total	Region	None	Tech	Senior	Master	Total
GLR	0	5	0	37	1	43	GLR	11	3	1	0	15
MER	1	9	3	79	26	118	MER	30	6	1	3	40
NCR	0	3	0	34	1	38	NCR	14	8	1	0	23
NER	1	2	0	64	4	71	NER	31	7	3	1	42
PCR	1	3	1	47	3	55	PCR	12	3	0	0	15
RMR	1	4	1	42	2	50	RMR	17	5	1	3	26
SER	0	4	1	42	3	50	SER	20	6	1	1	28
SWR	1	5	0	41	4	51	SWR	15	0	8	1	24
							NHQ	0	0	3	2	5
Total	5	35	6	386	44	476	Total	150	38	19	11	218